

THE FIRST DAY

A FOCUS ON THE BEGINNING

EDUCATIONAL MATERIALS



Chris Herren, former professional basketball player, author and wellness advocate, has shared his story of recovery with over 1 million people nationwide. *The First Day* chronicles this journey revealing Herren's vulnerability and his profound connections with high school students who, in turn, have shared their stories of struggle and strength. *The First Day* addresses issues that school systems and students across the country are impacted by each day, directly or indirectly, including substance use, other harmful behaviors and mental health problems.

Educational materials have been developed to support the themes presented within the film and include a toolkit for educators and lesson plans for high school and middle school students that are aligned with the common core.

TOOLKIT FOR EDUCATORS

The toolkit includes a curated set of suggestions for educators, including both teachers and school administrators, on creating a safe school and classroom space for discussing the issue of substance use and provides resources to support post-screening lessons and discussions.

LESSON PLANS

A series of four lesson plans will accompany the film and include elements of social emotional learning and common core state standards associated with subject areas such as English, language arts, or social studies. Themes include the Science of Addiction, Breaking Down Stigma, Components of a Healthy Life and a lesson centered around "A Note to Self."



"If we understand the beginning, we can help change the ending."

~ CHRIS HERREN ~

RESOURCES

Support is available through our nonprofit partners for individuals and families impacted by substance use disorder or addiction. Resources include treatment navigation and online support groups, a Parent Helpline that can be reached by text, email, phone or Facebook Messenger, and downloadable educational materials.

Visit: TheFirstDayFilm.com/partners

DOWNLOAD THE FILM:

Are you an educator or school administrator? Register to preview the film and educational materials. Pricing for the film includes the ability to immediately download the film for your school or school district and access to all educational materials. Visit:

TheFirstDayFilm.com

THE FIRST DAY IS PRESENTED BY:

